



SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

CONTACT: SEDGWICK COUNTY COMMUNICATIONS 316-660-9370 FAX: 316-383-7509

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Contact: Kristi Zukovich  
316-660-9370

## FOR IMMEDIATE RELEASE

### Summer Heat Precautions

(Sedgwick County, Kansas) –It is hot out there. And with temperatures expected to be over 100 this weekend, Sedgwick County EMS would like to remind you of a few precautions you should take to avoid heat related emergencies such as heat cramps, heat exhaustion and heat stroke.

- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, usually before 8 a.m.
- Stay indoors if possible. If air conditioning is not available, stay on the lowest floor away from rising heat.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Drink plenty of water regularly and often, even if you don't feel thirsty. Avoid soda and alcohol.
- Eat small meals more often. Choose healthy meals.

“During these times we need to be especially aware of our summer activities and take care of others and ourselves,” said Sedgwick County Commission Chairman Ben Sciortino. “We want to prevent as many heat related emergencies as possible.”

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